

Scituate

SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | SEPTEMBER & OCTOBER 2023

CONTACT US

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www.scituatema.gov
council-on-aging

HOURS OF OPERATION

Monday - Thursday
8:30 am - 4:30 pm

Friday 8:30 am - 3 pm

OUR NEW MISSION STATEMENT:

The mission of the Scituate Senior Center is to promote the physical, intellectual, and emotional wellness of our community of older adults by cultivating connections, fostering independence, and enhancing quality of life.

Photo Credit: Photo taken by drone and generously provided to us by Alden Finnie.



SENIOR HEALTH & WELLNESS FAIR:

"Living Your Best Life"

Fri, Oct 13 @ 10 am—2 pm

Learn about resources for a healthy, positive lifestyle. Informative Health & Wellness booths from community vendors, raffle, giveaways, education and much more!



OPEN HOUSE—Sat, Oct 14 @ 10 am—1 pm - Our doors will be open to the community. Bring family and new friends to register and to have a look around and see what our beautiful Senior Center has to offer!

AD SPACE

ABOUT US

DIRECTOR'S NOTE—

The future depends on what you do today.
Mahatma Ghandi

I would like to make a special note of the beautiful photo(s) on our front cover taken via drone by Scituate's own Alden Finnie and generously provided to us. The photos are made even more special by the lovely grounds that we can boast with many thanks to the volunteers responsible for the planting and upkeep of the garden beds, including Leslie James who planted the standing gardens with a combination of herbs for the kitchen and flowers for all of us to enjoy; the garden beds behind the center with tomatoes and kale planted by Jon Belber of Holly Hill Farms; and the tireless weeding and mulching done by the crew of Gordon & Denise Price, Leo Fitzgibbon, Gigi Mirarchi, and many others; and lastly a second mention for the beautiful lily garden planted by members of the Beautification Commission and friends of Stephen Tooker which bloomed in full color this past July to our pleasure and delight.

The NCOA theme this year for their annual National Senior Center Month in September is "Discover Yours", suggesting that this is the time to spread the word about the value of (our) senior centers in the lives of older adults and communities. This year's theme invites "exploration, self-discovery, and individuality" and we encourage you to recognize and celebrate this important theme with us this month and throughout the year! We are providing plenty of opportunities to try something new, engage with others, focus on personal growth, and to cultivate community and camaraderie—so take advantage and please tell a friend!

By way of encouraging people to see what their local center offers for them, we are sponsoring a weekend of events—our Annual Health Fair event on Friday, October 13 and a community Open House on Saturday, October 14. A Health Fair has traditionally given us a forum to invite those both familiar with our activities and those who are curious about what we offer an opportunity to see many of the resources they might want to be aware of under one roof. We have been encouraged to open our doors on Saturday to give others in the community an invitation to learn more about what we do here— or just to have a look around!

There is another concept taking hold which describes senior centers as a "Third Place" for [older] adults to rely on for connection to others,

especially with regard to concerns about health and the complexities of aging and navigating medical and other resources when we may not have family members in close proximity. I think we have shown that being part of and connected to a community has a significant positive impact on us, helping us to feel cared for, less stressed, happier and healthier as we become aware of and interested in activities that contribute to better health. It is true that meeting new people becomes more challenging as we age and retire from familiar routines, so "third places" are being touted as somewhere that offers the opportunities we once found in our homes, neighborhoods and work environments or though hobbies and interests. This term refers to places where people spend time between home ("first" place) and work ("second" place) and can exchange ideas, have a good time, and build relationships. They are comfortable, low-cost places accessible to everyone and include libraries, faith communities, education settings, volunteer organizations, bookstores, and yes, community/senior centers. There is no doubt that we perform a major role as a contributor to this concept for many adults and especially for those who may be "solo" agers who are navigating this chapter independently. We are proud of this role and hope to continue to be your place! We look forward to every day. Love, Linda

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OUR STAFF

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OPEN

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Betty Durkin, Debby Young,
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COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Laurie Brady

Pat Carleton

Deirdra Dwyer

Marie Fricker

Leslie James

Janice Lindblom

Susan Pope

SELECTMAN LIAISON

Karen Canfield

**COA Board meetings are monthly
on the 2nd Thursday at 5:30 pm.**

LEARNING & PRESENTATIONS

HISTORY SERIES WITH BOB JACKMAN

South Shore Life and History Found in Six Books

Weds, (6 Sessions), Sept 6, 13, 20, 27 and Oct 4, 11 /Cost: \$25

Morning section 10:00 am - 11:30 am

Afternoon section 1:00 pm - 2:30pm

This course will offer vignettes each week that capture South Shore life and history as portrayed in a different local book. These will not be history books per se, but rather works in which the author sought to capture life on the mid South Shore. Most of the books will be out of print, but some will be available in the local library network. Students are encouraged to read the books.

Patrons can sign up for the am or pm section, but not both. Limit 28 students per section.

Please register to attend.

RED SOX MEMORIES W/ HERB CREHAN

Tues, Sept 19 @ 1:30 pm /Free

What was Ted Williams really like? How about Jim Lonborg? Spaceman?

Herb Crehan will return with his special brand of Red Sox history after interviewing and writing feature articles on former baseball stars for 28 years. This presentation will feature 8 of your favorite Red Sox players. Each former player represents a decade beginning with Ted Williams in the 1940's through Jonny Gomes at the beginning of the 21st century. There will plenty of time for Q&A and to ask about your favorite Red Sox players.

Please register to attend.

MEN'S BREAKFAST—*Ladies Welcome*

First Tuesday of each month @ 9:00 am /Cost: \$5

Sept 12 (NOT Sept 5) John Ustas, Coca-Cola executive retired 2015, has been extremely active exploring the world by hiking, biking and travel. A "Highpointer" he has been exploring the US by climbing to the highest point in each state. He has also climbed 3 of the world's top summits.

Oct 3—Jessi Finnie, Director Scituate Public Library, will discuss the new programs, events and happenings at the library, as well as, sharing some data, resources and the process of the renovation project. All questions welcome!

Please register to attend.

COFFEE & COMMUNITY RESOURCES

Please register to attend these sessions.

HOUSE OF CARE—THURSDAY, SEPT 7 @ 10:30 AM

Home health care agencies offer a wide range of health care services that can be given in your home for an illness or injury. Join representatives from House of Care in Plymouth, MA who can answer your home health care questions.

CHAT W/ THE COPS— SEPT 14 @ 10:00 AM

Come meet and greet Scituate police officers to have your safety related questions answered in the Café/Dining Room.

BUSTING MYTHS & GETTING SAVVY ABOUT SENIOR LIVING- W/ OASIS SENIOR ADVISORS SEPT 14 @ 1:30—3:00 PM

Join senior living expert, Jodi Tolman, who will help seniors and their adult children navigate senior living options. Learn how to find just the right community for your loved one, what it will cost and how you can pay for it. Bring your questions!

PASTRIES W/ RICHARDSON-GAFFEY FUNERAL HOME— THURSDAY, SEPT 21 & OCT 12 @10:00 AM

Meet w/ representatives who can guide you to prepare for inevitable transitions. Casual questions are great!

SHIFTING GEARS W/ MICHELE ELLICKS FROM THE RMV— WEDNESDAY, OCT 11 @ 1:00PM

The RMV's safe driving class, Shifting Gears, explores the warning signs of unsafe driving, MA licensing policies, and provides info. on driving retirement and various transit options.

TAIWAN — THE WINDOW IS CLOSING

Thurs, Sept 28 @ 10:00 am—11:30 am / Free

A presentation by Michael Quinlan on Global Affairs.

The US and the West are facing an unavoidably deadly dilemma due to the relationship and geography of China and Taiwan. Is an invasion imminent? Some of the questions to explore ...

- Why does China insist on re-uniting Taiwan?
- Are countries in the West deeply committed to resisting military invasion by China?
- What will be the impact on Japan, S. Korea, Australia and other eastern countries if the US does not respond to an attack by China

Please register to attend.

SPECIAL EVENTS

Friends of Scituate Seniors (FOSS) presents:

An English Tea/ Fri, Sept 15 @ 1:00 pm

Tickets will be on sale at the Senior Center's. (Date is tentative) / Cost: \$25



Harvest Dance / Sat, Oct 21 @ 6:30 pm—9:30 pm w/ the Brown Brothers.

SHINE Presentation—Medicare Open Enrollment

Tues, Oct 10 @ 10:00 am—Our volunteer counselor, Elaine Schembari will discuss Medicare healthcare options and be available for Q &A.

Please register to attend.

A GATHERING OF THE FRIENDS OF DOROTHY ~ 1st FRIDAYS / 4—6 PM

Beginning Friday, Sept 8 (is the only 2nd Friday) and then continuing on the first Friday of the month @ the Scituate Senior Center. Social gathering w/ light refreshments provided. Questions? Please call 781-545-8722.



MATT YORK is back to entertain us w/ the music, and some history, of **Johnny Cash!** **Tues, Oct 17 @ 1:00 pm**
Please register to attend.

SEPTEMBER IS FALLS PREVENTION MONTH!

Tues, Sept 26 @ 10:00 am-11:30 am

Join us for a free presentation by **Jyoti Mishra, Director of Rehabilitation at Life Care of the South Shore.** This will be an interactive presentation on preventing falls. Jyoti will share strategies to help improve balance, discuss fear of falling and home safety. ***Please register to attend.***

A TASTE OF GREECE: HOW TO FOLLOW THE MEDITERRANEAN DIET, Thurs, Oct 19 @ 1:30 pm

Did you know that the Mediterranean Diet can help prevent cancer, heart disease and diabetes, as well as help you lose weight and prevent dementia? Learn how to put it into practice with topics that include healthy eating and sharing fantastic recipes. Cost: \$6
Please register to attend.

AD SPACE

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA, TAI CHI, MEDITATION

YOGA OPTIONS

YOGA WITH ANNE

Mon 8:30 am—Floor \$10
Mon 9:45 am—Chair \$5



GENTLE YOGA WITH ELIZABETH

Wed & Fri 8:30 am—Floor \$10
Wed & Fri 9:45 am—Chair \$5

GENTLE PM YOGA WITH RENA

Mon 4:30 pm—\$6
Wed 4:00 pm—\$6

BEGINNER TAI CHI

Thurs @ 1:00 pm / Cost \$4

Longtime Tai Chi practitioner Elizabeth Durant guides students in the basics of Tai Chi movement. Students will increase strength, flexibility & range of motion.

Please register to attend.

Qi Gong & a “teence” of Gentle Yoga with Amy
Cost \$5



Thurs @ 10:00 – 10:45 am
Beginning October 12

Have you been told to meditate? Do you need to stretch gently and feel pain-free? Qi Gong is a moving meditation and a great method to heal your mind and body. This class incorporates Qi-Gong (gentle moving meditation, gentle stretching and breath-work to soft music w/ gentle yoga (in or on a chair if desired) to end the class.

Please see the flyer at the front desk to learn more about Amy and her practice.

Please register to attend.

WEIGHTS & STRENGTH

BALANCE FOR LIFE W/SUE

Mon & Thurs @ 11:00 am / \$5

This popular class with Sue combines stretching and strengthening movements along with postures that contribute to better balance and confidence.

Please register to attend up to a week in advance to ensure your spot.

LIFT YOUR SPIRITS STRENGTH CLASS W/ SUE / Cost \$5

Fridays are back; Fall hours as follows: **Mon @ 12:30 pm;**

Wed @ 11:00 am; Fri @ 10:00 am

Strength training using hand weights to “lift” your spirits and increase your muscle strength—good for your bones, body and mind!

Please register to attend.

STRETCHING FOR EVERY-BODY W/ SUE

Tues & Thurs @ 8:45 am / Cost \$5

Please bring a mat .

A gentle floor stretching class to improve your strength, flexibility and balance.

Please register to attend.

SENIOR PICKLEBALL PROGRAM

Fri @ 11:00 am - 1:00 pm at Rec Gym

Free program with players helping to set up and take down nets before and after play. Play is rotated (see Protocol sheet). New players encouraged to attend clinics or receive orientation. **INTRO CLINICS & SKILLS CLINICS AVAILABLE BY REQUEST.**

DANCE, DANCE, DANCE!

LET'S LINE DANCE W/JEAN

BEGINNER @ 10:00 am / \$5

INTERMEDIATE @ 11:00 am / \$8

Have fun learning and practicing the steps to your favorite line dances and music!

Please register to attend.

JOYFUL MOVEMENT WITH RENA

Tues @ 12:30 pm / Cost \$5

A lively and fun music inspired class, modified for people who would like to do moderate in-chair movement as well as others who would like to dance to music. *Please register to attend.*

ZUMBA GOLD WITH JUSTINE



Mon & Wed @ 2:00 pm / \$5

A great dance opportunity w/ lively music & extra toning included.

Lots of fun!

Please register to attend.

TAP YOUR HEART OUT / \$6

BEGINNER TAP/ Thurs @ 3:00 pm

Join this fun tap class for beginners to learn the basics and have some fun dancing. Class includes warm-ups, review and progressive routines. Tap shoes recommended.

INTERMEDIATE / Thurs @ 4:00 pm

For more experienced dancers familiar with time steps and riffs.

Please register to attend.

TRAIL WALKING IS BACK!

Fridays @ 1pm

Call Jess at 781-545-8875 to join weekly e-mail list for locations.

WELLNESS

REFLEXOLOGY w/ Anne Brennan, LMT & Reflexologist—Focusing on specific areas of the feet. This 30-min session will relax you and relieve tension. **Appointments 9:00 am-2:00 pm on 9/7, 9/13, 9/21, 10/5, 10/11, 10/19 Cost: \$30**

INDIAN HEAD MASSAGE w/ Anne Brennan, LMT & Reflexologist—A simple, safe and effective 30-min massage session for the shoulder, neck, arms & head to de-stress the whole body. **Appointments 9:00 am-2:00 pm on 9/13 & 10/11 Cost: \$30**

REIKI w/ Elizabeth Rogers— **Last Thursday of the month 10:00 am-3:00 pm on 9/28, 10/26 Cost: \$75**

To book all appointments for Sept & Oct call (on or after August 28) 781-545-8722

MANICURES & PEDICURES BY JODDIE

9AM—4PM—Manicure (with polish) \$18 (30 mins) **Spa Manicure** \$21 (30 mins) **Simple Manicure** (no polish, shape, clean, buff and hand massage) \$11 (30 mins) **Mini-pedicure** \$16 (30 mins) **Full Pedicure** 28 (60 mins) Call for appointment 781-545-8722.

WOMEN'S DISCUSSION GROUP W/ BARBARA LEARY

LAST TUESDAY OF THE MONTH @ 9:00 am / Cost: \$5

9/26—Bladder Health: We'll discuss common bladder problems and which issues require medical attention.

10/31—Vestibular Balance Disorders : We'll discuss the causes, symptoms, treatments, complications and key points. We'll also talk about how disorders are diagnosed. ***Please register.***

HEARING HEALTHCARE CLINIC W/ MICHAEL SCHMIT, BOARD CERTIFIED SPECIALIST

**FIRST THURSDAY OF THE MONTH @ 10:00 am– 12:00 pm
Sept 7 & October 5**

Free hearing screening, hearing aid cleaning and video ear exam.

Please register to attend by calling 781-545-8722.

BLOOD PRESSURE / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTTI FIRST & THIRD WED @ 10:30 - 12:00PM.

Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).

SEPTEMBER 2023 CALENDAR

FRI | 1

FREE FRIDAY LUNCH & LEARN w/ RICHARDSON-GAFFEY FUNERAL HOME

Friday, Oct 27 @ 11:00 am

Join us for a free lunch and in-person or online informational seminar and find out how to protect your loved ones by planning your celebration of life in advance.

Sandwiches, chips, cookies and drinks will be provided.

Please register to attend.



- 8:30 Floor Yoga
- 9:00 Veteran's Coffee Hour**
- 9:45 Chair Yoga
- 10:00 Hand & Foot Cards
- 10:00 Lift Your Spirits
- 11:00 Pickleball (VetGym)
- 12:30 Friday Flix
- 1:00 Trail Walking
- 4:00 Concert: Billy & the Goats**

MON | 4

TUES | 5

WED | 6

THUR | 7

FRI | 8

SENIOR CENTER CLOSED FOR LABOR DAY !

- 8:45 Stretch
- 9:45 Spanish Class
- 10:00 Bocce
- 10:15 Line Dance I
- 10:30 Men's Book Club
- 11:15 Line Dance II
- 12:30 Joyful Movement
- 1:00 Bingo
- 1:00 Pool Lessons
- 1:00 Career Corner
- 3:15 Tech Time
- 4:00 Seniors Sing

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 10:00 Bocce
- 10:00 Bob Jackman Class
- 10:30 Nurse/BP
- 11:00 Lift Your Spirits
- 1:00 Bob Jackman Class
- 1:00 Social Painting
- 1:00 Scrabble
- 2:00 Zumba Gold
- 4:00 Yoga w/ Rena

- 8:45 Stretch
- 9:15 Beg. Mah Jong
- 10:00 Mah Jong
- 10:00 Hearing Screenings
- 10:30 House of Care
- 11:00 Balance
- 1:00 Knitting
- 1:00 Tai Chi
- 2:45 No Rules Book Club
- 3:00 Beg. Tap Class
- 4:00 Intermediate Tap

- 8:30 Floor Yoga
- 9:45 Chair Yoga
- 10:00 Hand & Foot Cards
- 10:00 Lift Your Spirits
- 11:00 Pickleball (VetGym)
- 12:30 Friday Flix
- 1:00 Trail Walking
- 4:00 Friends of Dorothy**

MON | 11

TUES | 12

WED | 13

THUR | 14

FRI | 15

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 11:00 Balance
- 12:30 Lift Your Spirits
- 1:00 Hand & Foot
- 1:00 Watercolor
- 2:00 Zumba Gold
- 4:00 Alz Support Group
- 4:30 Yoga w/ Rena

- 8:45 Stretch
- 9:00 Men's Breakfast**
- 9:45 Spanish Class
- 10:00 Bocce
- 10:15 Line Dance I
- 11:15 Line Dance II
- 12:30 Joyful Movement
- 1:00 Singo
- 1:00 Pool Lessons
- 1:00 Career Corner
- 3:15 Tech Time
- 4:00 Seniors Sing

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 10:00 Bocce
- 10:00 Bob Jackman Class
- 11:00 Lift Your Spirits
- 11:00 Art for Your Mind**
- 12:00 Caregiver Support
- 1:00 Bob Jackman Class
- 1:00 Social Painting
- 1:00 Scrabble
- 2:00 Zumba Gold
- 4:00 Yoga w/ Rena

- 8:45 Stretch
- 9:00 Flu Clinic**
- 9:15 Beg. Mah Jong
- 10:00 Mah Jong
- 10:00 Coffee w/ Cops
- 11:00 Balance
- 1:00 Knitting
- 1:00 Tai Chi
- 1:30 Myths about Senior Living**
- 3:00 Beg. Tap Class
- 4:00 Intermediate Tap

- 8:30 Floor Yoga
- 9:45 Chair Yoga
- 10:00 Hand & Foot Cards
- 10:00 Lift Your Spirits
- 11:00 Pickleball (VetGym)
- 12:30 Friday Flix
- 1:00 An English Tea**
- 1:00 Trail Walking

MON | 18

TUES | 19

WED | 20

THUR | 21

FRI | 22

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 10:00 Parkinson's Presentation**
- 11:00 Balance
- 12:30 Lift Your Spirits
- 1:00 Hand & Foot
- 1:00 Watercolor
- 2:00 Zumba Gold
- 4:30 Yoga w/ Rena

- 8:45 Stretch
- 9:45 Spanish Class
- 10:00 Bocce
- 10:15 Line Dance I
- 11:15 Line Dance II
- 12:30 Joyful Movement
- 1:00 Pool Lessons
- 1:00 Career Corner
- 1:30 Red Sox Memories**
- 3:15 Tech Time
- 4:00 Seniors Sing

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 10:00 Bocce
- 10:00 Bob Jackman Class
- 10:30 Nurse/BP
- 11:00 Lift Your Spirits
- 12:00 Caregiver Support
- 1:00 Bob Jackman Class
- 1:00 Social Painting
- 1:00 Scrabble
- 2:00 Zumba Gold
- 4:00 Yoga w/ Rena

- 8:45 Stretch
- 9:15 Beg. Mah Jong
- 10:00 Mah Jong
- 10:00 Richardson-Gaffey
- 10:30 Sen. O'Connor w/Lou Rizzo
- 10:30 Grief Support Group
- 11:00 Balance
- 1:00 Knitting
- 1:00 Tai Chi
- 2:30 Librarian's Book Bag**
- 3:00 Beg. Tap Class
- 4:00 Intermediate Tap

- 8:30 Floor Yoga
- 9:45 Chair Yoga
- 10:00 Hand & Foot Cards
- 10:00 Lift Your Spirits
- 11:00 Pickleball (VetGym)
- 12:30 Friday Flix
- 1:00 Trail Walking

MON | 25

TUES | 26

WED | 27

THUR | 28

FRI | 29

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 11:00 Balance
- 11:00 Story telling / Writing
- 12:30 Lift Your Spirits
- 1:00 Hand & Foot
- 1:00 Watercolor
- 2:00 Zumba Gold
- 4:00 Alz Support Group
- 4:30 Yoga w/ Rena

- 8:45 Stretch
- 9:00 Women's Discussion Group**
- 9:45 Spanish Class
- 10:00 Bocce
- 10:00 Fall Prevention Presentation**
- 10:15 Line Dance I
- 11:15 Line Dance II
- 12:30 Joyful Movement
- 1:00 Pool Lessons
- 3:15 Tech Time
- 4:00 Seniors Sing

- 8:30 Floor Yoga
- 9:30 Social Day Program
- 9:45 Chair Yoga
- 10:00 Bocce
- 10:00 Bob Jackman Class
- 11:00 Lift Your Spirits
- 1:00 Bob Jackman Class
- 1:00 Social Painting
- 1:00 Scrabble
- 2:00 Zumba Gold
- 4:00 Yoga w/ Rena

- 8:45 Stretch
- 9:15 Beg. Mah Jong
- 10:00 Mah Jong
- 10:00 Taiwan Presentation**
- 11:00 Balance
- 1:00 Knitting
- 1:00 Tai Chi
- 3:00 Beg. Tap Class
- 4:00 Intermediate Tap

- 8:30 Floor Yoga
- 9:45 Chair Yoga
- 10:00 Hand & Foot Cards
- 10:00 Lift Your Spirits
- 11:00 Pickleball (VetGym)
- 12:30 Friday Flix
- 1:00 Trail Walking

OCTOBER 2023 CALENDAR

MON 2	TUES 3	WED 4	THUR 5	FRI 6
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/ Rena	8:45 Stretch 9:00 Men's Breakfast 9:45 Spanish Class 10:00 Bocce 10:15 Line Dance I 10:30 Men's Book Club 11:15 Line Dance II 12:30 Joyful Movement 1:00 Bingo 1:00 Career Corner 1:00 Pool Lessons :3:15 Tech Time 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 Bob Jackman Class 10:30 Nurse / BP 11:00 Lift Your Spirits 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena	8:45 Stretch 9:15 Beg. Mah Jong 9:30 Memory Training 10:00 Mah Jong 10:00 Hearing Screenings 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 1:00 Tai Chi 2:45 No Rules Book Club 3:00 Beginner Tap 4:00 Intermediate Tap	8:30 Floor Yoga 9:00 Veteran's Coffee Hour 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking 4:00 Friends of Dorothy
MON 9	TUES 10	WED 11	THUR 12	FRI 13
SENIOR CENTER CLOSED FOR INDIGENOUS PEOPLES' DAY!	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:00 SHINE Presentation 10:15 Line Dance I 11:15 Line Dance II 12:30 Joyful Movement 1:00 Singo 1:00 Pool Lessons 1:00 Career Corner 3:15 Tech Time 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:00 Bob Jackman Class 11:00 Art for Your Mind 11:00 Lift Your Spirits 1:00 Bob Jackman class 1:00 Social Painting 1:00 Scrabble 1:00 Shifting Gears w/ RMV 2:00 Zumba Gold 4:00 Yoga w/Rena	8:45 Stretch 9:15 Beg. Mah Jong 9:30 Memory Training 10:00 Richardson-Gaffey 10:00 Qi Gong w/Yoga 10:00 Mah Jong 11:00 Balance 1:00 Knitting 1:00 Tai Chi 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Annual Health Fair 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 16	TUES 17	WED 18	THUR 19	FRI 20
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 4:30 Yoga w/Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:15 Line Dance I 11:15 Line Dance II 12:30 Joyful Movement 1:00 Parkinson's Support Group 1:00 Pool Lessons 1:00 Career Corner 1:00 Music w/ Matt York 2:00 Library Resources 3:15 Tech Time 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 10:30 Nurse / BP 11:00 Lift Your Spirits 12:00 Caregiver Support Group 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena	8:45 Stretch 9:15 Beg. Mah Jong 10:00 Mah Jong 10:00 Qi Gong w/Yoga. 10:30 Sen. O'Connor w/Lou Rizzo 10:30 Grief Support Group 11:00 Balance 1:00 Knitting 1:00 Tai Chi 1:30 Taste of Greece 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 23	TUES 24	WED 25	THUR 26	FRI 27
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 1:00 Watercolor 2:00 Zumba Gold 4:00 Alz Support Group 4:30 Yoga w/Rena	8:45 Stretch 9:45 Spanish Class 10:00 Bocce 10:15 Line Dance I 11:15 Line Dance II 12:30 Joyful Movement 1:00 Pool Lessons 1:00 Career Corner 1:30 Author Talk 3:15 Tech Time 4:00 Seniors Sing	8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Your Spirits 1:00 Social Painting 1:00 Scrabble 2:00 Zumba Gold 4:00 Yoga w/Rena	8:45 Stretch 9:15 Beg. Mah Jong 9:30 Memory Café / OMA 10:00 Mah Jong 10:00 Qi Gong w/Yoga 11:00 Balance 1:00 Knitting 1:00 Tai Chi 1:00 Memory Training 3:00 Beg. Tap Class 4:00 Intermediate Tap	8:30 Floor Yoga 9:45 Chair Yoga 10:00 Hand & Foot Cards 10:00 Lift Your Spirits 11:00 Lunch & Learn w/ Richardson-Gaffey 11:00 Pickleball (Vet Gym) 12:30 Friday Flix 1:00 Trail Walking
MON 30	TUES 31	<div style="border: 2px solid #76b82a; padding: 10px;"> <div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: right;"> <p>Tuesday, October 31 @ 1:00 pm</p> <p>Halloween Happenings</p> <p>Costume contest, games, prizes and refreshments</p> <p><i>Sponsored by Life Care of the South Shore</i></p> <p>Everyone is encouraged to wear their favorite costumes to the Center that day!</p> </div> </div> </div>		
8:30 Floor Yoga 9:30 Social Day Program 9:45 Chair Yoga 11:00 Balance 11:00 Story telling / Writing 12:30 Lift Your Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold 4:30 Yoga w/Rena	8:45 Stretch 9:00 Women's Discussion Group 9:45 Spanish Class 10:00 Bocce 10:15 Line Dance I 11:15 Line Dance II 12:30 Joyful Movement 1:00 Halloween Party 1:00 Career Corner 3:15 Tech Time 4:00 Seniors Sing *Halloween costumes encouraged!			

AD SPACE

PROGRAMS, CLASSES & ACTIVITIES

SPANISH CLASSES

Tues Cost: \$5

9:45 am Basics & Beyond

Instructor, Catherine Speigel, will practice the basics of the language with you. Have fun interacting with classmates and strengthening your skills.

11:00 am Any true beginners interested? For those who want to start learning Spanish from scratch, this course will be beginner level and run if enough people enroll.

Please register to attend.

ART W/ JUDY ROSSMAN

WATERCOLOR Mon @ 1:00 pm

A 6 week course Sept 11- Oct 23 (no class 10/9) for artists of all levels. Judy is an award winning, experienced instructor. Her emphasis is on painting from observation, working from still life and referenced photos.

Please register to attend, and pick up a supply list at the front desk.

SOCIAL PAINTING Weds @ 1:00 pm

If you like to paint, share and talk, this informal group setting is for you! Bring your own supplies and painting projects; some materials will be available. *Please register to attend.*

'SENIORS SING' CHORUS

Tues @ 4:00—5:00 pm

For those interested in joining a community choral group. Choral Director, Bill Richter, will lead a fun weekly senior chorus. All abilities welcome!

This program is currently funded by a generous grant from the Scituate Education Foundation.

Please register to attend.

LEARN TO PLAY POOL W/ BUSTER

Tues @ 1:00—3:30 pm for 8 weeks / Sept 5—Oct 24 / Cost: \$20

Sign-Up begins August 28.

This is a course for **NEW** to pool or who have some experience and want to learn more techniques and styles. We will cover the fundamentals of playing.

Space is limited. Please register to attend.



ART FOR YOUR MIND

Weds @ 11:00 am

Experience this enriching Art Appreciation series with Jill Sanford. Seats are limited. *Funded by the Joanne Papandrea Memorial Donation*

Sept 13— Exceptional Cityscapes

Oct 11—The Art of France

Please register to attend.

"NO RULES" BOOK GROUP W/ DR. NANCY HARRIS / COST: \$5

Sept 7 @ 2:45 pm—"The Forest of Vanishing Stars" by Kristin Harmel

Oct 5 @ 2:45 pm— TBD

MEN'S BOOK CLUB

First Tues of the month @ 10:30 am
(Following the Men's Breakfast)

Sept 5—"The Paris Daughter" by Kristin Harmel

Oct 3 — TBD

RECREATION & LEISURE

- Knitting—Thurs @ 1:00 pm
- Mah Jong—Thurs
 - Beginners @ 9:15 am
 - Regular @ 10:00 am
- Hand & Foot Cards—
Mon @ 1:00 pm—4:00 pm
Fri @ 10:00 am—1:00 pm
- Scrabble—Weds @ 1:00 pm

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00 am

*weather permitting

Or any time you'd like to play—call to reserve the Bocce set for a private game or request the equipment.

SHUFFLEBOARD & POOL TABLE

Reserve a spot at the Front Desk.

PING PONG

We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve a spot at the Front Desk.

TRIPS FOR 2023

The following day trips are planned in collaboration with local COAs.

Please inquire about flyers and details w/ Jessica Souke, 781-545-8875.

- **Edward Hopper & Cape Ann: Illuminating an American Landscape@ The Cape Museum in Gloucester, MA.—Wed, Sept 27/Cost: \$20-\$22 plus lunch.** Following the museum tour lunch will be at a local restaurant TBD. **Registration begins Fri, Sept 1 w/ Jessica.**
- **The Boston Holiday Pops —Thurs, Dec 14/ Cost: \$160** includes bus fare, lunch, Boston Pops Ticket—2nd Balcony, gratuity for driver. Lunch is TBD. This trip fills up fast so please be ready with payment when you register. **Registration begins Fri, Sept 1 w/ Jessica.**



PROGRAMS, GROUPS, ACTIVITIES

FUN FRIDAY FLIX!

MOVIE @ 12:30



9/01 I Wanna Dance with Somebody: Whitney Houston Movie (2022)

A celebration of the music and life of one of the greatest singers of R&B of all time.

9/8 Sleepless in Seattle (1993)

A romance filled with comedy & drama starring Meg Ryan & Tom Hanks.

9/15 Remember the Titans (2000)

Set in the 1970's this true story of a high school football team stars Academy Award Winner Denzel Washington.

9/22 Mona Lisa Smile (2003)

The traditional values of 1950's Wellesley College students are challenged by art professor Julia Roberts.

9/29 Silver Linings Playbook (2012)

By looking for "silver linings" a man finds strength to change the path of his life.

10/06 American Harmony (2009)

Each year 1000's compete in the world's greatest singing competition that you have never heard about. An inspiring and music-filled documentary.

10/13 Clue (1985)

A comedic mystery based on the popular board game.

10/20 Sweet Home Alabama (2002)

Reese Witherspoon stars in this romance.

10/27 Practical Magic (1998)

Two witch sisters face challenges finding lasting love in this romantic comedy.

CAREER CORNER - BEGINS SEPT 5

EVERY TUES 1:00 -3:00

Do you need help with career decisions? Writing a resume or cover letter? Job searching? Networking? Interviewing? LinkedIn? Career Coach Deb Raymond has 20 years experience and is passionate about helping others move their lives forward. See flyer at front desk for more information.

Please register for an appointment.

Walk-ins are welcome if time is available.

STORY TELLING IN A NEW WAY

Every Mon @ 11:00-12:00 pm

SESSIONS RESUME SEPT 25

Are you interested in telling a story? You do not have to consider yourself a writer to join in the fun. You have lived a life full of stories that often times we forget until prompted to think about a certain topic.

Each week one prompt is provided and participants write on the that topic. Part of the intrigue is the many different ways to write about the same subject. What you end up with is a notebook full of stories that you might never have told. People write in rhyme, some make lists, we all tell something about our lives. Join us!

Please register to attend.

NEW GRIEF SUPPORT GROUP

Are you trying to navigate through a profound loss in your life? You don't need to do it alone. There is healing power in the collective wisdom and compassion of a support group.

A new program of "Grieve Not Alone" facilitated by Susan Kelly will begin **Thursday, September 21st.**

This group will continue to meet **every 1st and 3rd Thursday of the month at 10:30—12:00 pm** followed by the option to sign up to have lunch together.

Please register in advance, 781-545-8875.

**TECH TIME
@ THE SENIOR CENTER**

1 on 1 Tutorial Sessions
Tuesdays 3:15-4:30pm
20 mins per session
*You could have more time depending on availability.

Knowledgeable tech support from
SHS High School Students.
Please register to attend.

CAREGIVER SUPPORT GROUP

Third Wed of each month

9/20, 10/18 @ 12:00-1:30 pm

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? Join our monthly Caregiver Support Group led by Licensed Social Worker and educator, Suzanne Otte. Please call the Senior Center to get on the e-mail list for notifications.

Please register to attend.

PARKINSON SUPPORT GROUP

Third Tues of each month

9/18 , MONDAY @ 10:00 am

A special presentation by medical specialist Dr. Hohler. You can attend this meeting via Zoom if you prefer. We will send an e-mail w/ the link prior to the meeting.

10/17 @ 1:00 pm

Participants and their caregivers are welcome to join this monthly group providing an opportunity to meet with long-time group leader Leslie Vickers for sharing of information, resources and discussion around living with Parkinson's Disease.

ALZHEIMER'S & DEMENTIA CAREGIVERS SUPPORT GROUP

2nd & 4th Mon @ 4:00 pm

9/11, 9/25, 10/23
Support group & resources for dementia caregivers sponsored by the Alzheimer's Association. This is an opportunity to develop a support system with others in a similar role, to share challenges, and find solutions & resources.

Please register to attend by

calling 800-272-3900.

OUTREACH, PROFESSIONAL & TRANSPORTATION SERVICES

SHINE

Serving the Health Information Needs of Everyone.

Our SHINE Counselors advise and assist with questions concerning health insurance and prescription coverage for 65 and over. Appointments are 9am - 12pm on designated days.

Elaine Schembari — Mon appts

Please call us at 781-545-8722 to make an appointment. Press '0' for the Front Desk.

HOUSING AUTHORITY VISITS

At this time we must suspend our visits to the Housing Authorities, but we encourage you to please call us if you have questions on benefits, services, or are seeking other resources.

Call Linda at 781-545-8871 or the main number at 781-545-8722, press '0' for the Front Desk.

FUEL ASSISTANCE

The period to apply to the Home Energy Fuel Assistance Program begins again in November.

SNAP

Do you need assistance paying for food? SNAP may help! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Tues 10:00– 12:15 pm
Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center. Drive-up service from Cudworth Rd. Register at 781-545-5827.

SSSES—MEALS ON WHEELS

Call South Shore Elder Services directly to sign up for meal delivery to your home at 781-878-3910. **ALSO, Farmer's Market coupons available. Contact Linda at 781-545-8871.**

PROFESSIONAL VISITS

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour w/**Lou Rizzo—3rd Thursday @10:30-11:30 AM at the Senior Center** in the Café or private room as needed.

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours—**CALL TO REQUEST.**

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2 hr appt w/one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center.** Please call Jill or the Front Desk.

FINANCIAL ADVICE FROM EDWARD JONES REPRESENTATIVE

Consultation or questions with a financial consultant are available by appointment with Lori Shea at Edward Jones in Scituate. Calls can be made directly at 781-545-5246 or arrangements can be made through the Senior Center.

TRANSPORTATION

To schedule a ride, please call **Kelly Walsh, Transportation Coordinator**, at 781-545-8872

LOCAL RIDES — We provide rides to in-town medical and dental appointments, Senior Center/COA activities or around town personal errands. **PLEASE NOTE: 2 days advance notice to book rides**

MEDICAL OUT OF TOWN RIDES— We arrange out-of-town medical rides to other locations on the South Shore, as well as into Boston. **PLEASE NOTE: 5 day advance notice to book rides**

GROCERY SHOPPING

Shaw's in Cohasset— Every Wednesday @ 10 am

Market Basket in Hanover— Thursdays, Sept 14 & 28 / Oct 12 & 26

Trader Joe's In Hanover— Fridays, Sept 8 & 22 / Oct 6 & 20

FARMERS MARKET in Marshfield - Fridays, Sept 1 & 15

MONDAY SHOP HOPS (different location each month)
Sept 25 —Marshall's / Ocean State Job Lot In Marshfield

Oct 23 —Derby St. / Whole Foods/Kohl's in Hingham



COST FOR RIDES

Local trips:

\$1.75 / \$3.50 Round-trip

A 10-ride pass is \$15 which reduces cost of each ride to \$1.50 / \$3.00 round-trip.

Medical Out-of-Town rides:

\$10 local round-trip (\$5 each way);

\$20 for Plymouth, Brockton, Dedham or Boston (\$10 each way)

SENIOR CENTER LUNCH MENUS

Congregate Lunch is served Monday through Thursday at 12:00 pm / Cost for lunch is \$5

We request lunch reservations be made at least 2 days before and only up to two weeks in advance. Please limit your reservation to yourself and one other party. We also request you limit your consecutive dates for lunch each week so others may have a chance. If you have made a reservation and need to cancel, please notify us 1 day in advance so that another patron can be called. **We continue to have issue with late cancellations and no shows for lunch signups.** Please be mindful of the dates for which you register or check with the Front Desk if you are unsure. If you are on the WAIT LIST, you will be called when there is an opening. Thank you and Bon Appetite!



MENU FOR SEPTEMBER

Mon, Sept 4	CLOSED FOR LABOR DAY
Tue, Sept 5	Monte Cristo w/ Mornay sauce, cottage fries
Wed, Sept 6	Pappardelle and mushroom alfredo, buttered peas, garlic bread
Thu, Sept 7	Baked stuffed chicken w/ pan gravy, roasted red bliss potatoes, butternut squash
Mon, Sept 11	Roast loin pork, sweet potatoes, buttered corn, pan gravy
Tue, Sept 12	Turkey sandwich w/ stuffing, cranberry sauce, potato chips
Wed, Sept 13	Eggplant rollatini w/ meat sauce, garlic bread
Thu, Sept 14	Shrimp scampi w/ linguini and broccoli, rolls and butter
Mon, Sept 18	Shepherd's pie, peas, pan gravy
Tue, Sept 19	Ham and swiss on New York rye, chicken noodle soup
Wed, Sept 20	Chicken cacciatore w/ penne, focaccia bread
Thu, Sept 21	Baked haddock, Lyonnaise potatoes, string beans
Mon, Sept 25	Pot roast, mashed potatoes, buttered fresh carrots
Tue, Sept 26	Chicken stew w/ buttermilk biscuits
Wed, Sept 27	Spaghetti w/ meatballs, sautéed spinach, garlic bread
Thu, Sept 28	Seafood casserole, rice pilaf, broccoli

Supermarket/Bread donations and special visits:

- Mondays - Shaw's
- Tuesdays - Panera
- Thursdays - Coffee & Conversation w/Community Resources (check p. 4 for schedule)

Lighthouse Café Policies

Daily Hours of operation 8:30-1:00 pm. Coffee & Tea are complimentary—*thanks to the Friends for funding our coffee!*
Purchase of lunch items on Fridays TO GO when available begins at 10:30; items may not be reserved. Please limit to 1 pp.

MENU FOR OCTOBER

Mon, Oct 2	Chicken Marsala, linguine, roasted zucchini
Tues, Oct 3	Meatloaf, mashed potatoes and carrots
Wed, Oct 4	American chop suey, peas, garlic bread
Thu, Oct 5	Shrimp Risotto w/ buttered peas
Mon, Oct 9	CLOSED FOR HOLIDAY
Tues, Oct 10	Oven fried chicken w/ pan gravy, mashed potatoes, dilled carrots
Wed, Oct 11	Spinach lasagna w/ marinara and garlic bread
Thu, Oct 12	Grilled pub steak w/ bearnaise sauce, fresh green beans, roasted potatoes
Mon, Oct 16	Pot roast, pan gravy, mashed potatoes, carrots
Tues, Oct 17	Pork chop w/ stuffing, sautéed apple rings, peas, rice pilaf
Wed, Oct 18	Cavatappi w/ sausage, capers, baby spinach, roasted butternut squash, garlic bread
Thu, Oct 19	Baked haddock, parsleyed red bliss potatoes, fresh broccoli
Mon, Oct 23	Chicken piccata, wild rice pilaf, butternut squash
Tues, Oct 24	Tuna melt, sweet potato fries
Wed, Oct 25	Penne w/ meatballs, zucchini, rolls and butter
Thu, Oct 26	Shrimp scampi on mushroom risotto, garlic toast
Mon, Oct 30	Roast pork tenderloin dijonaise, mashed potato, cabbage and apples
Tues, Oct 31	Ham and cheese quiche, pea soup
Weds, Nov 1	Lasagna w/ meat sauce, peas, garlic bread
Thurs, Nov 2	Baked haddock, roasted carrots, parsnips, creamed spinach

Entertainment Tuesday Reminders @ 1pm after lunch!

- Sept 5 & Oct 3**—BINGO w/ John Ross. Play for a free lunch!
- Sept 12 & Oct 10**—SINGO w/ Ed. Prizes and great music!
- Sept 19**—Presenter, Herb Crehan: Red Sox Legends (1:30pm)
- Oct 17**— Matt York and the Music of Johnny Cash



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SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

ADVERTISERS

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They also supply the Hershey’s kisses we are all so fond of in honor of Bette Johnson. They continue to meet our requests for purchases and funding for entertainment.

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

IN MEMORY OF / IN HONOR OF

We are saddened by these recent losses of friends and patrons of the Senior Center:

Bart Cilento

Laura May Houghton

Jack Pyne